

# MARLEY SPOON



## Charred Korean Steak

with Radish Slaw



20-30min



4 Portions

You'll find gochujang in a host of addictive Korean dishes. The fermented chilli paste adds umami and delicious lingering heat to dipping sauces, soups or as a marinade to meat. We've coated it on flank steak, a beef cut that loves big flavours, and paired it with a refreshing Asian slaw that you quickly knock up while the steak cooks.

## What we send

- grass fed beef flank steak
- sesame oil <sup>11</sup>
- lemon, radish, carrots
- white sesame seeds <sup>1,6</sup>
- korean chilli paste <sup>1,6</sup>
- coriander, long green chilli
- red cabbage

## What you'll require

- caster sugar
- sea salt flakes
- vegetable oil
- white vinegar

## Utensils

- mandoline (optional)
- medium frypan

Our vegies come fresh from the farm, so please wash them before use.

## Cooking tip

The marinade burns quite easily, so make sure to watch as the steaks cook.

## Allergens

Gluten (1), Soy (6), Sesame (11). May contain traces of other allergens.

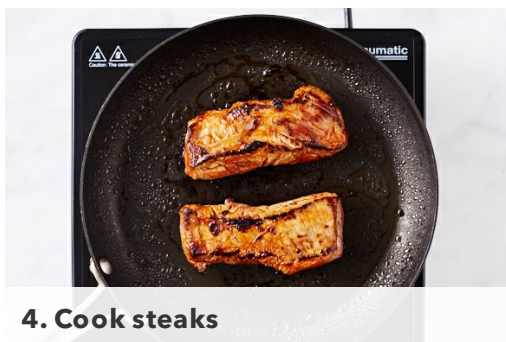
## Nutrition per serving

Energy 380kcal, Fat 20.1g, Carbs 11.4g, Proteins 34.3g



### 1. Marinate steaks

Combine the **chilli paste** with **half the sesame oil** and season with **salt**. Rub all over the **steaks** and set aside until needed.



### 4. Cook steaks

Heat the **oil** in a large frypan over medium-high heat. Reduce the heat to medium, add the **steaks** and cook for 2 mins on one side (see cooking tip). Turn over, cover with a lid and cook for a further 2 mins for medium-rare or for longer until cooked to your liking. Remove and set aside for 5 mins to rest.



### 2. Prepare slaw ingredients

Very thinly slice the **cabbage** and **radishes**, using a mandoline if you have one. Peel the **carrots**, then shred using a julienne peeler or box grater. Halve the **chilli** lengthwise, remove the seeds with a spoon, then thinly slice. Pick the **coriander** sprigs. Cut the **lemon** into wedges.



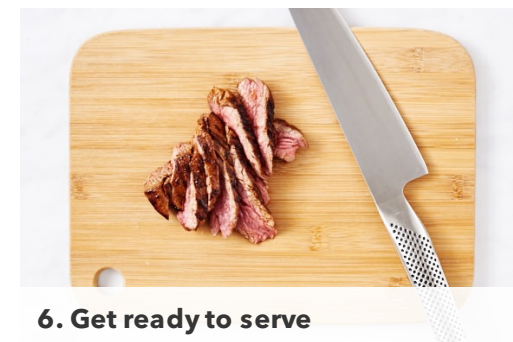
### 5. Finish slaw

Meanwhile, add the **radishes**, **chilli** and **coriander sprigs** to the bowl with the slaw and toss until well combined.



### 3. Pickle slaw

Combine the **vinegar**, **sugar** and **remaining sesame oil** in a large bowl. Season with **salt** and stir until the sugar dissolves. Add the **cabbage** and **carrots** and toss until very well combined. Set aside.



### 6. Get ready to serve

Thinly slice the **steaks** across the grain. Divide the **slaw** and steak among plates. Scatter with the **sesame seeds** and serve with the **lemon wedges**.